



## INSIDE Post Shuttle

The post shuttle van is on duty during Labor Day weekend.  
See Map, Page 11

## Training



Individual Readiness Training prepares Fort Carson soldiers for Bosnia.

See Page 16

## Forrest



Forrest Fitness Center named 'best in Forces Command.'

See Page 25



## *Schwartz's visit ...*

Second Lt. Christina Whitney, 360th Transportation Company, leads Gen. Thomas ... Command commanding general, through a tour of the convoy lane section of the I ... Friday during his visit to Fort Carson. See Page 15.

## Post officials investigate accident

Fort Carson Public Affairs Office

The investigation indicated that the

Army fil ...  
cial' in C

## Commander's Corner

# Last 'summer weekend' requires extra



Soriano

**"Recreational safety is not about rocket science, it's about applying common sense."**

Labor Day weekend marks the traditional end of summer. This past summer was eventful for the Mountain Post, with the activation of the 7th Infantry Division, several changes of command within the major subordinate commands and the division, highly successful training at Pinon Canyon and fun-packed events like Kit Carson Days.

Before training began in Pinon Canyon, I challenged all soldiers and officers to take all necessary precautions against accidents. Even with this additional attention, there were some accidents, and unfortunately one fatality.

As we prepare for the last long weekend of the summer, I am tasking leaders at all levels to devote more time and attention to the off-duty activities of our personnel. Providing off-duty safety training may prevent a serious injury from happening to one of our soldiers and is well worth our time. We need to take time to teach our soldiers to identify hazards, assess risks and make decisions that will ensure our

soldiers and their families will have a safe holiday. We need to ask ourselves — are our personnel going to do everything they can to manage the risks that they will face this Labor Day weekend, and have we done everything to prepare them?

Every time we cross the street, drive our car, or cut the grass, we're applying risk management. Managing risk is easy. Risk management procedures such as: identifying the hazards, assessing the risks, and making decisions also apply in ensuring a safe and fun Labor Day weekend. I'm going to address a few areas of concern with regards to recreational safety.

Most drownings occur in natural water environments such as lakes, ponds and rivers. One-half to two-thirds of all drownings result from unintentional water entry. These people never intended to enter the water — they fell in. This is why it is so important for people to wear floatation devices near the water, whether or not they intend to swim. Always check the water temperature and depth, and only swim in approved areas.

Recreational boating is very popular but can be very hazardous. When you plan to go boating, always use a float plan. This can be as simple as telling someone where you are going and when you'll be back. Always check the weather and water conditions. Make sure that you have the proper safety equipment, including a life jacket or some sort of Coast-Guard-approved floatation device for each person on board your boat. Check the Colorado State and Coast Guard requirements for safety equipment that your size and type of vessel requires.

While I understand that driving is the preferred way for most soldiers to get to their destination

while on vacation, I...ous. Personally own...killers of soldiers an...This is why I want a...manders Tool Box"...ning on driving to th...weekend. Pay specia...Assessment in Appe...ers, to identify your...dent. Assess these ri...identify actions that...chances of having an

Recreational saf...it's about applying c...ment is the process l...mon sense; take time...how and why they sh...and off duty.

Bottom line — r...another management...designed to be eyew...gram designed to pr...

I am emphasizing...cautions this Labor...evaluate your soldier...ving this weekend, f...mers — be proactive...end. And please, eve...healthy!

Mission First ... Bayonets!

7th In

# Sound Off!

**What are your plans for the Labor Day weekend?**



Sgt. Sean Guyton,  
3rd ACR

"Have a barbeque and go to the Garden of the Gods and Cave of the Winds."



Staff Sgt. Nick  
Ranone,  
7th ID

"Going to a cabin up in Winter Park."



Sgt. Chris Allen  
148th MP, K-9 team

"Go on a long weekend and take a motorcycle trip."

# Army vice chief sends Labor Day safety



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# NEWS

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## Friendship House opens for commu

by Nel Lampe  
Mountaineer staff

The Friendship House was opened with a ribbon-cutting and appropriate fanfare Friday. Sandy Schwartz and Vivian Soriano cut the ribbon.

Schwartz is married to the Forces Command commanding general. Soriano is the spouse of the 7th Infantry Division and Fort Carson commanding general.

According to Lt. Col. David C. Lucas, executive office, U.S. Army Garrison, who presided at the ceremony, the Friendship House will improve the quality of life at the Mountain Post.

The Friendship House is meant to serve the whole post, Lucas said. The facility is available to

any Family Support Group, private organization or individuals on a space available basis.

"Many unit family support groups need places to hold meetings, luncheons or parties, and the sterile classroom environment isn't 'friendly' enough," said Margaret Kazmierski, former president of the Officers' Wives' Club Charitable Association.

The Officers' Wives' Club Charitable Association didn't have a regular place to meet, according to Kazmierski.

The Friendship House came about when the building housing the "Little House in the Rockies" was scheduled for destruction. The Enlisted Spouse Charitable Organization would need a place to house the food locker.

"This building became available," Lucas said, "but it was too large to house just the food locker."

"(The Friendship House) gives Garrison a place to conduct meetings and training. It also can be used as an alternate conference room for Garrison, and could be used in a contingency as an alternate operations center," Lucas said. "It can also be used by groups, such as unit Family Support Groups. Overall, it will improve the quality of life."

The Friendship House presents a warm, friendly appearance. It is located in building 1354, on Prussman Boulevard, adjacent to Pershing Field.

In addition to comfortable seating areas, the Friendship House has a conference room which seats about 40 people and a multi-purpose room.

Bobbi Stanfield, president of the Officers' Wives' Club Charitable Association, said that "... a

community room is We're very excited a Units have struggled ings that don't charg its first meeting sch in September.

"We intend to h tions there," Stanfie

And as Lucas sa mony, "It's a place t meet to discuss way ter place to work an

To reserve the Fri



Photo by Nel Lampe

**Tammy Coppock, left, and Gwen Ponder verify the inventory of the Fort Carson Community Food Locker in its new location at the Friendship House.**

## New ma for post

Army C

The votes have Joyce Luken, coon gram, the followin mayor positions in

Apache Villag

Arapahoe Vill

Cherokee Vill

Cheyenne/Ute

Choctaw - Ste

Shoshoni Vill

Sioux Village

# Road to Honor

**Honoring:** Joe C. Specker

**Rank:** Sergeant

**Unit:** 48th Engineer Combat Battalion

**Conflict:** At Mount Porchia, Italy

**Date of Action:** Jan. 7, 1944



**Citation:**

For conspicuous gallantry and intrepidity at risk of life, above and beyond the call of duty, in action involving actual conflict. On the night of January 7, 1944, Sgt.

Specker, with his company, was advancing up the slope of Mount Porchia, Italy. He was sent forward on reconnaissance and on his return he reported to his company commander the fact that there was an enemy machinegun nest and several well-placed snipers direct-

ly in the path and awaiting the company. Sergeant Specker requested and was granted permission to place 1 of his machineguns in a position near the enemy machinegun. Voluntarily and alone he made his way up the mountain with a machinegun and a box of ammunition. He was observed by the enemy as he walked along and was severely wounded by the deadly fire directed at him. Though so seriously wounded that he was unable to walk, he continued to drag himself over the jagged edges of rock and rough terrain until he reached the position at which he desired to set up his machinegun. He set up the gun so well and fired so accurately that the enemy machinegun nest was silenced and the remainder of the snipers forced to retire, enabling his platoon to obtain their objective. Sergeant Specker was found dead at his gun. His personal bravery, self-sacrifice, and determination were an inspiration to his officers and fellow soldiers.



**Specker Avenue runs north from  
Boulevard until it dead-ends at**

# Community

## 'Yard of the Month' winners selected

by Nel Lampe  
Mountaineer staff

Residents who have the best kept yards on Fort Carson were recognized in a ceremony Aug. 26 in Sioux Village.

Winners of "Yard of the Month" received a certificate for a shopping spree at the commissary, in addition to other certificates and the "Yard of the Month" sign to be posted in their yard for the next 30 days.

Yard of the Month Award winners for July were: Apache Village, Sgt. 1st Class and Mrs. Monty Lash;

Arapahoe Village - Sgt. and Mrs. Ollie Cole;  
Cherokee Village - Spc. and Mrs. John Young;

Cheyenne/Ute Hill Village - Col. and Mrs. Daniel French;

Choctaw Village - Staff Sgt. and Mrs. Brian Burridge;

Shoshoni Village - Sgt. and Mrs. Bernardo Cardenas;

Sioux Village - Sgt. 1st Class and Mrs. Jesus Ortiz.

Colonel Jack Castonguay, Director of Public Works, made the award presentations. He pointed out that the military members in Cherokee and Shoshoni Villages were off post during the month and the yard work had been accomplished by family members.



Yard of the Month winners await the start of the ceremony.

Photo by Nel Lampe

## Youth ce

The bad news  
dren at the Youth  
ered the driveway  
of construction.

The good news  
underway which v  
Activities Center.

The remodeling  
February. The cen  
gym/multipurpose  
accommodate a w  
— on-line compu

Skating, both  
ing, is an activity  
room.

Until February  
youth center is thr  
side of the buildin  
side of the center



Workers are in  
youth center c

# End of barbecue season requires safe

**by Richard H. Middleton, Jr.**  
**Association of Trial Lawyers**

For many, the first few weekends of September are summer's last hurrah and a popular time for friends and family to gather for a barbecue. With that in mind, it's imperative for adults to set a good example early on for children regarding grilling safety and the basics of safe food handling.

Both charcoal and gas grills pose safety hazards, but knowledgeable use can make the difference between an enjoyable picnic and a perilous one.

The word “grilling,” naturally, makes one think about fire. Flames and glowing coals are visible elements, so we tend to be mindful of them. However, we cannot forget about a potentially deadly side effect of grilling — carbon monoxide. When burned, charcoal produces carbon monoxide — a colorless, odorless gas that can reach toxic levels in areas without sufficient ventilation.

According to the U.S. Consumer Product Safety Commission, each year charcoal grills cause about 20 deaths and more than 300 emergency room treated injuries from carbon monoxide poisoning. To reduce CO poisoning, the CPSC recommends:

- Don't burn charcoal inside your house, vehicle, tent or camper.
- Don't use charcoal indoors, no matter how much ventilation is provided.
- Don't store the grill indoors with freshly used coals. Charcoal continues to produce CO until the coals are completely extinguished.

## Gas grill safety

Each year, gas grills cause more than 500 fires. Gas grill fires and explosions injure about 20 people annually. According to the CPSC, these fires and explosions occur when people use a grill that has been unused for some time or just after they've

filled and reattached the grill's gas container. To reduce risk, the CPSC recommends:

- Check tubes that lead into the burner for blockage. Use a pipe cleaner or wire to push insects, spiders or food through to the main part of the burner.
- Check hoses for cracks, brittleness or holes. Tubes should not be sharply bent.
- Move gas hoses far from hot surfaces and dripping hot grease, or install a heat shield over them.
- Replace scratched and nicked connectors — they will eventually leak gas.
- Keep lighted cigarettes, matches and flames away from a leaking grill.
- Use the grill at least 10 feet away from any building. Never use it indoors, in a garage, carport, or porch, or under a surface that can catch fire.
- Keep the grill top open when lighting.
- Never try to repair the tank valve or the appliance yourself.

### *Prevention of food-borne illness*

It is also imperative to be equally careful when preparing and cooking food. Foodborne illness occurs more frequently in warmer weather. According to the USDA's Food Safety and Inspection Service, data on the incidence of foodborne diseases from 1996 to 1998 show an increase in laboratory-confirmed infections caused by *E. coli*, *campylobacter* and *salmonella* during the summer months. Bacteria are literally everywhere — in the soil, air, water, people and animals — and summertime heat means faster bacteria growth. We can prevent food-borne illness by keeping a few simple things in mind: cleanliness, separation and temperature.

According to the FSIS, unwashed hands are a prime cause of food-borne illness. Wash up with

hot, soapy water after  
diapers and handling  
from home, pack wet  
paper towels for clean-

If you've carried for grilling, once you thoroughly before re sils and cutting board foods, wash them be

Most importantly, everything complete with a meat thermometer and recommends:

- Cook meats thoroughly.
- Cook hamburgers to an internal temperature of 160 F (ground poultry to 165 F).
- Cook steaks and chops to the desired degree of doneness; roasts, boned, rolled, and stuffed meats to a minimum of at least 160 F.
- Cook whole stuffed turkey medium rare; whole chicken and breast meat to 165 F.

The good news from contaminated to healthy immune systems

However, children who have compromised immunity are at higher risk of infection. It is reassuring to know that the majority of children and friends are safe by the time they return during leisure-time activities.

For more health tips, visit the Association's "Keep our Families Safe" website at <http://familysafe.atlanta.org>



# Dental sealants may provide cavity p

## Fort Carson Dental Activity

### What is a sealant?

A dental sealant is a thin plastic film painted on the chewing surfaces of molars and premolars (the teeth directly in front of the molars). Sealants have been shown to be highly effective in the prevention of cavities. They were developed through dental research in the 1950s and first became available commercially in the early 1970s. The first sealant was accepted by the American Dental Association Council on Dental Therapeutics in 1972.

### How effective are sealants?

Scientific studies have proven that properly applied sealants are 100 percent effective in protecting the tooth surfaces from cavities. Because sealants act as a physical barrier to decay, protection is determined by the sealants' ability to adhere to the tooth. As long as the sealant remains intact, small food particles and bacteria that cause cavities cannot penetrate through or around a sealant.

In fact, research has shown that sealants actually stop cavities when placed on top of a slightly decayed tooth by sealing off the supply of nutrients to the bacteria that causes a cavity. Sealant protection is reduced or lost when part or all of the bond between the tooth and sealant is broken. However,

clinical studies have shown teeth that have lost sealants are no more susceptible to tooth decay than teeth that were never sealed.

### How are sealants applied?

Sealant application involves cleaning the surface of the tooth and rinsing the surface to remove all traces of the cleaning agent. An etching solution or gel is applied to the enamel surface of the tooth, including the pits and grooves. After 15 seconds, the solution is thoroughly rinsed away with water.

After the site is dried, the sealant material is applied and allowed to harden by using a special curing light. Other sealants are applied and allowed to harden much the same way nail polish is applied to fingernails.

Sealant treatment is painless and could take anywhere from five to 45 minutes to apply, depending on how many teeth need to be sealed. Sealants must be applied properly for good retention.

### How long will a sealant last?

Sealants should last five years, but can last as long as 10 years. One study reported that seven years after application, an impressive 49 percent of treated teeth were still completely covered. Sealants should not be considered permanent. Regular dental check-ups are necessary to monitor the sealants'

bond to teeth.

### Who should receive

Children, because permanent teeth, receive sealants. The chewing surfaces are most susceptible to decay by fluoride.

Surveys show that cavities occur in the child's newly erupted teeth and bacteria cannot penetrate.

Other patients, such as those with grooves susceptible to decay that almost everybody eventually experiences in the grooves of their teeth.

### Are sealants covered

Although insurance procedures have increased, the cost is minimal. The trend is toward this benefit, especially for children, that sealants are a preventive measure that saves expenses and protects teeth from more invasive forms of treatment.

## ACS offers new class

by Donna Finney

### Army Community Service

Army Community Service is offering a new service to help soldiers and their families plan their overseas move. Called "Smooth Move Overseas," this educational class is offered on the third Wednesday of every month from 1 to 4 p.m. at the Spiritual Fitness Center beginning Sept. 15.

"Moving overseas can be a real nightmare if one is unprepared," said Nancy Richards, ACS relocation specialist. "Without proper planning, it is easy to make uninformed decisions that can impact one's quality of life for years to come. Our goal in Smooth Move Overseas is to offer these families the skills and knowledge they need to turn their overseas experience into a dream come true."

The class provides information on how to organize the different household goods shipments and travel plans, develop a financial plan that includes moving-in costs, reducing the risk of property loss or damage and preparing family members for the move.

Soldiers who have recently returned from overseas will also be present to provide country-specific information.

"Quite often soldiers don't receive a sponsor in time to make adequate preparation for the move. These recent returnees can fill that void," said Richards. "They will distribute 'sponsor packages' and brief the out-bound soldiers and families on what to expect at their new destination."

Reservations are required to attend. Call ACS at 526-4590 to sign up for the Sept. 15 class.

## Volunteer of the

by Spc. Soccorro A. Spooner  
Mountaineer staff

After 18 months as the Sioux Village mayor, Clarence Washington has been honored as the Army Community Service Volunteer of the Month for August.

"I have tried to make a difference," said Washington. "I (just) wanted to be accessible to village residents."

Washington, who was encouraged by his wife to become a mayor, received nothing but support at home and the ACS command. Being a mayor was completely new to Washington, as was volunteering, but with all of their support and encouragement, he said he was able to make it.

"I've gained a lot (from being mayor)," said Washington. "It's helped me to get out (in the community), with my people skills and problem solving."

Washington tries to assist residents with problems affecting them within the village, he said.

"It feels really good when you can help someone in any way possible," said Washington.

Something Washington has learned as a volunteer mayor is how to become a good listener, which helped him immensely with the job.

He leaves the Sioux Village mayoral office in late September.



Clarence  
the Sioux



# Civilian job vacancies

Below is a partial list of open vacancy announcements serviced by the Fort Carson Civilian Personnel Advisory Center as of Aug. 23. To obtain a complete and up-to-date list of vacancy announcements and/or review/print specific vacancy announcements, visit the Army Civilian Personnel Online Web site at <http://www.cpol.army.mil>. Individual vacancy announcements contain complete information on how and where to apply, what forms to provide, etc. The SWCPOC does not accept electronic resumes. For additional information, visit the Fort Carson CPAC Web site at <http://www.cpac-carson.army.mil> or the Southwest CPOC Web site at <http://www.swcpoc.army.mil>. If you have any questions regarding the below vacancy announcements, do not contact the Mountaineer but review the actual vacancy announcement which is available from the CPOL Web site or the CPAC office.

<b>TITLE</b>	<b>PP</b>	<b>Series</b>	<b>Grade</b>	<b>Vacancy #</b>	<b>Close Date</b>
Auditor	GS	0511	09	2431-99	12/31/99
Space Communications Analyst	GS	301	11/12	14DF595Y9	12/31/99
Traffic Manager	GS	2130	12	0347-99	12/2/99
Training Instructor (automotive)	GS	1712	07	2369-99	12/31/99
Target Systems Worker	WG	4801	06	2414-99	12/31/99
Recreation Assistant	GS	0189	04	2467-99	12/31/99
Mobile Equipment Metal Mechanic	WG	3809	10	2582-99	12/31/99
Procurement Clerk	GS	1106	04	2439-99	12/31/99

\* Application packet must be received by Southwest Civilian Personnel Operation Center by close date.

## CPAC jobs

### Fort Carson Civilian

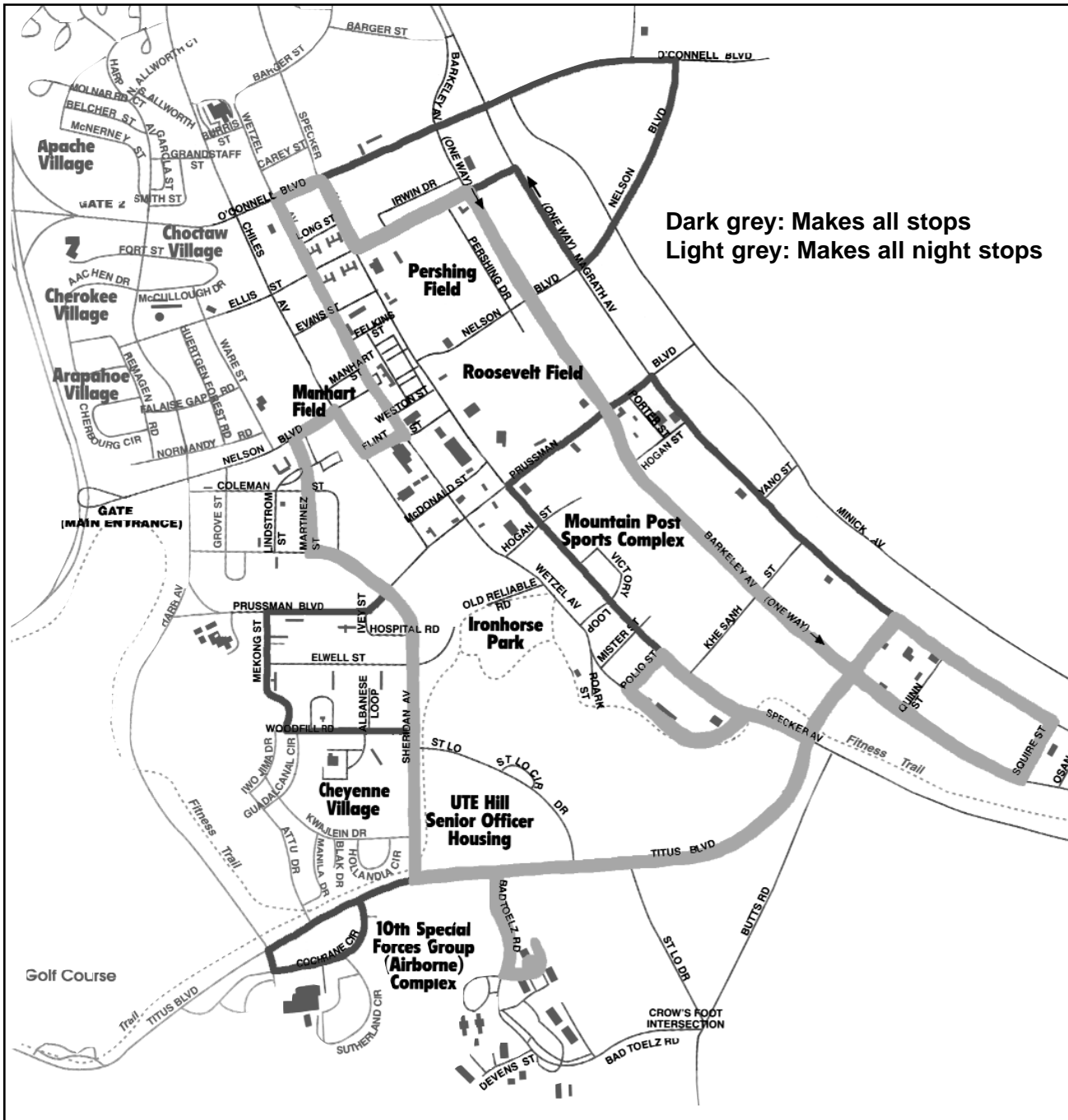
Job announcements are published by the Personnel Operations Center. Announcements are posted on the Internet and are available at the CPAC office. This is a partial list of announcements. The full list is on the Internet.

You may review the announcements on the following Web site: <http://www.cpac-carson.army.mil>. Click "Employment Announcements" to the map, click "Current Announcements." Applicants can apply online for positions through the CPAC Web site.

If you do not have access to the Internet, you may review vacancy announcements at the Fort Carson Personnel Operations Center, 6223 Highway 6223 between 7:30 a.m. and 4:30 p.m.

You have a choice of applying for a position directly to the Fort Carson CPAC at the time of the closing date. In either case, it is your responsibility for assuring the application is complete and timely. The CPAC office has a hotline, 526-4524, which provides information on how to apply for jobs.

# Post Shuttle Schedule



The shuttle van  
 Springs Transit bu  
 day route are:

- Evans Army Co
  - Mini Mall,
  - post exchange
- The van intersects  
 the evenings and
- Mini Mall
  - post exchange

**Stops for the dai**

- Welcome Cer
- Building 101
- Building 341
- Building 137
- Provider Chap
- Building 185
- Building 206
- Building 216
- Building 235
- Building 246
- Building 270
- Prussman Ch
- Building 242
- Building 740
- Evans Army C
- Building 730
- Building 622
- Post Exchange
- Mini Mall

**Stops for the eve**

- Welcome Cer
- Building 101
- Building 104
- Provider Chap
- Building 185
- Building 206
- Building 216
- Building 235
- Building 246
- Building 242
- Building 740
- Building 730
- Post Exchange
- Mini Mall

## Chapel

Partner volunteers are needed for the Protestant Sunday School fall ministry. Positions for preschool and elementary teachers as well as administrative staff are available. For more information, call Dennis Scheck at 526-5626. Fall Sunday School classes begin Sept. 12.

The chaplains of Fort Carson sponsor a concert featuring the award-winning Christian contemporary music group "PETRA" Sept. 17.

Protestant Women of the Chapel meets on Tuesday mornings at 9 a.m. and Thursday evenings at 7 p.m. Child care is available. For information, call Jennifer Wake at 540-9157.

Catholic Religious Education registration takes place Sept. 12. For more information, call Miki Feldman at 526-0478.

Provider Lutheran Congregation is offering first communion instruction, Sunday 9:30 to 10:15 a.m. Sept. 12 through Oct. 10. First Communion is traditionally taken in the fifth grade year. To register, call 526-5470.

In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

### Daily Bible Readings

- Sept. 4: Psalms 88 & Job 40-41
- Sept. 5: Psalms 89 & Proverbs 1-3
- Sept. 6: Psalms 90 & Proverbs 5-7
- Sept. 7: Psalms 91 & Proverbs 8-10
- Sept. 8: Psalms 92 & Proverbs 11-13
- Sept. 9: Psalms 93 & Proverbs 14-16
- Sept. 10: Psalms 94 & Proverbs 17-19

## Chapel Schedule

			ROMAN CATHOLIC	
Chapel	Service	Day	Time	Location
Healer	Mass	Sunday	11 a.m.	Evans Army Hospital
Healer	Mass	M-W-F	11:45 a.m.	Evans Army Hospital
Provider	Mass	Sunday	12:15 p.m.	Barkeley & Ellis
Soldiers'	CCD	Sunday	10:45 a.m.	Nelson & Martinez
Soldiers'	Mass	Sunday	9:30 a.m.	Nelson & Martinez
Soldiers'	Mass	M-W-F	8:15 a.m.	Nelson & Martinez
Veterans'	Mass	Sunday	8 a.m.	Magrath & Titus
			EASTERN ORTHODOX	
Veterans'	Divine Liturgy	Sunday	11 a.m.	Magrath & Titus
			LITURGICAL	
Provider	Lutheran	Sunday	10:30 a.m.	Barkeley & Ellis
			PROTESTANT	
Healer	Protestant	Sunday	9 a.m.	Evans Army Hospital
Prussman	Protestant	Sunday	9 a.m.	Barkeley & Prussman
Provider	Sun. School	Sunday	10:15 a.m.	Barkeley & Ellis
Provider	Protestant	Sunday	9 a.m.	Barkeley & Ellis
Prussman	Sun. School	Sunday	9:30 a.m.	Barkeley & Prussman
Prussman	Prot./Gospel	Sunday	11 a.m.	Barkeley & Prussman
Soldiers'	Sun. School	Sunday	9:30 a.m.	Nelson & Martinez
Soldiers'	PYOC	Sunday	6:30 p.m.	Nelson & Martinez
Soldiers'	Protestant	Sunday	11 a.m.	Nelson & Martinez
Veterans'	Protestant	Sunday	9:30 a.m.	Magrath & Titus
THE ROCK	Protestant	Sunday	10:30 a.m.	Christopher's

For additional information, contact the Installation Chaplain's Office, build 1000. For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy. Normally, free child care is available during on-post worship services.

## Fort Carson Chaplain Awana Club

### Installation Chaplain's office

Children's lives are being shaped every day by what they see and hear in their environment. Awana (which means "approved workers are not ashamed") is a combination of good, clean fun, Bible memory and spiritual teaching. Awana is a world full of conflicting messages.

Awana is on the side of children. We invite your children to join us.

Preregistration sign up is today at Soldiers' Memorial Chapel between 10:00 and 11:00 a.m. Fort Carson's Awana Club will meet on Thursdays from 3:45 to 5:45 p.m.



## Chaplain's Corner

**Commentary by  
Chap. (Capt.) David Wake**

**2nd Squadron, 3rd Armored Cavalry Regiment**

This summer is beginning to set in the west and fall is just around the corner. Fall is a great time of celebration. We come together for the harvest, come home for Thanksgiving dinner and sit down in front of the television to enjoy American football. In fact, football no longer waits for fall; the kickoff of the pre-season was the first weekend of August, hardly football weather.

Just as baseball season makes our mouths water for a big "ballpark" frank, football season gives us an opportunity to have a big pizza and soda during halftime. I have never investigated the sales data, but I would guess pizza deliveries must double or triple during the halftime of a Denver Broncos or Dallas Cowboys game.

What kind of pizza goes best with football? Is the traditional cheese enough for the most rabid fan, or is the "meatlovers" which really quenches

the hunger pains? How about the "supreme" just to cover the bases? (Sorry for the pun.) No matter the ingredients, or the pizza maker, it is a great meal that just seems to hit the spot on a Sunday afternoon.

While I am committed to pizza, and will vote that it be made a separate food group, I also know there is more to life than tomato sauce and cheese on baked dough.

When Jesus Christ was being tempted he said, "Man does not live on bread alone, but on every word that comes from the mouth of God." (Matthew 4:4)

There is more to life than football and pizza.

It may seem like life is nothing more than a job, family, paying bills and trying to get the lawn mowed on the weekend. Jesus is telling us there is much more to life.

The Word of God is full of wisdom, information and hope for the future. No matter what trou-

bles you may be facing, the Word of God has appeared in the Bible.

Faithful followers find a guide for life. Their experiences and learn from their mistakes. They find a guide for life.

Hope springs eternal. We believe how much the Word of God survived. The "Prince of Egypt" gave us a sign that afflicted the people in the midst of that time. We have hope in a savior to come and save them from their trials. The kingdom created just as we are.

The Bible gives us a promise. He promised his followers that there will be no more sorrow.

If you have won the battle, remember the Bible.

## Where and When

## Editor's Note:

It is the responsibility of each facility referenced in this directory to inform the *Mountaineer* of any changes.

## Directorate of Community

## Activities facilities

*Physical fitness centers/swimming pools*

- **Garcia PFC** ph: 526-3944 or 526-5785  
M-F 6:30 a.m.-10 p.m./weekends and holidays 10 a.m.-5 p.m.
- **McKibben PFC** ph: 526-2597  
M-F 6:30 a.m.-10 p.m./weekends and holidays 6 a.m.-1 p.m.
- **Waller PFC** ph: 526-2742  
M-F 6:30 a.m.-10 p.m./weekends and holidays 3-10 p.m.
- **Mountain Post PFC** ph: 526-2411  
M, T, W, F 6:30-9:30 a.m. (Open for after-PT showers only)
- **Forrest FC** ph: 526-2706  
M-F 5:30 a.m.-10 p.m./ Sat. & Sun. 10-5 p.m., Sat. 8-10 a.m. women only.
- **Post PFC** ph: 526-1023 or 526-1024  
M, T, W, F 6-9 a.m./ women only Sat. 8-10 a.m./Sat. and Sun. 10 a.m. to 5 p.m./ holidays closed
- **Indoor Swimming Pool** ph: 526-3107  
M-F 6:30 a.m.-6 p.m./ weekends 10 a.m. to 6 p.m./ Lap swim 6:30 to 8:30 a.m. and 11:30 a.m. to 1 p.m.
- **Outdoor Swimming Pool**, ph: 526-4456  
M-F 6:30-8:30 a.m. swim team practice/8:30-10 a.m. drown-proofing, 11 a.m.-8 p.m. open swim/ Sat, Sun and holidays open swim 11 a.m.-6 p.m. through Labor Day

*Miscellaneous*

- **Post Commissary**, building 1525, ph: 526-5505  
M-F 9 a.m.-8 p.m./ Sat 9 a.m.-7:30 p.m./ Sun 9 a.m.-5 p.m.
- **Class Six**, building 1524  
M-Sat 9 a.m.-11 p.m./Sun & holidays 11 a.m.-7 p.m.
- **Class Six Annex**, building 3572  
M-Sat 9 a.m.-9 p.m./closed Sundays
- **Grant Library**, building 1528, ph: 526-2350  
M-Th 11 a.m.-8 p.m./Fri 11 a.m.-4 p.m./Sat and Sun 10 a.m.-6 p.m.
- **Multi-Craft Center**, building 1510, ph: 526-0900  
W-F 11 a.m.-7 p.m./Sat, Sun and holidays 9 a.m.-4:30 p.m.
- **AutoCraft Center**, building 2427, ph: 526-2147  
Every day 8:30 a.m.-4 p.m., emissions only on M and Tues
- **WoodCraft Center**, building 2426, ph: 526-3487  
M-Tues. closed/ Wed 1-7 p.m.(Closed for safety class.)/ Th-F 1-8:30 p.m./ Sat and Sun 9 a.m.-4:30 p.m.
- **Cheyenne Shadows Golf Course**, ph: 526-4122  
M-Sun 7 a.m.-8 p.m.
- **Divots Grill**, building 7800, 2nd floor: 526-5107  
M-T 9 a.m.-5:30 p.m./W-F 7:30 a.m.-5:30 p.m./ Sat, Sun. and holidays 6:30 a.m.-5:30 p.m.
- **American Red Cross**, building 1641, ph: 526-2311  
M-F 8 a.m.-4:15 p.m./ Emergencies: 526-2311 (24 hrs.)
- **Community Thrift Shop**, building 1008, ph: 526-5966  
T, W, Thu 10:00 a.m.-2:30 p.m./ F-M closed
- **Turkey Creek Recreation Area**, ph: 526-3905  
Office hours: W-Sun 8 a.m.-4:30 p.m./ closed M-T
- **Information, Tickets & Registration**, building 1510, ph: 526-5366  
M-Th 10 a.m.-6 p.m./ F 9 a.m.-6 p.m./Sat 9-1 p.m./closed Sun and holidays
- **Carlson Wagonlit Travel**, building 1510, ph: 576-5404  
M, W, Th, F 9 a.m.-6 p.m./Tues 9 a.m.-5 p.m./weekends and holidays closed
- **Outdoor Recreation Complex**, building 2429, ph: 526-2083  
M-Sun 10 a.m.-5:30 p.m./holidays 10 a.m.-4 p.m.
- **Pueblo Deli** (Elkhorn), building 7300, ph: 576-6646  
M-F 11 a.m.-1:30 p.m./closed weekends and holidays
- **Fatz Pool and Darts**, building 1129, ph: 526-4693  
M-Th 11:30 a.m.-midnight/Fri 11:30 a.m.-2 a.m./ Sat 3 p.m.-midnight/Sun closed
- **Bowling Center**, building 1511, ph: 526-5542  
Sun-Th 11 a.m.-11 p.m./Fri & Sat 11 a.m.-midnight



### Program Schedule for Fort Carson cable Channel 10, today to Sept. 10.

Channel 10 can now be seen on your computer. Access the Fort Carson Web site and in the welcome section, click on the icon for Mountain Post Magazine. Channel 10 can be viewed live or Mountain Post Magazine can be viewed any time.

**Mountain Post Magazine:** Current stories about Fort Carson and the Colorado Springs area. *Airs at 7 a.m., 9 a.m., noon, 2 p.m., 7 p.m. and midnight.*

**Army Newswatch:** includes stories on U.S. Army Europe in USAREUR Today. *Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.*

**Air Force News:** includes stories for the F-22 Raptor, the new C-17 wing and EMEDS. *Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.*

**Navy/Marine Corps News:** includes stories on USS Blue Ridge in the Philippines, making oxygen in Sigonella and the future of the Tailhook

- **Brass Rail Lounge**, building 1511  
M-W 4-11 p.m./Thu 3-11 p.m./Fri & Sat 4p.m.-12 a.m./Sun & holidays 11a.m.-9:30 p.m.
- **Wok Express**, building 2355  
M-S 11 a.m.-6 p.m./closed Sunday
- **Youth Center**, ph: 526-2680  
M-Th 3-8 p.m./Fri 3-9 p.m./Sat 1-9 p.m./ closed Sun & holidays

### Army and Air Force Exchange Service facilities

*Barber/Beauty Shops*

- **Ivy Troop Store Barber Shop**, building 2355  
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
- **Prussman Troop Store Barber Shop**  
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
- **Barber Shop**, building 1161  
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
- **Evans Beauty Shop**, building 7500, ph: 540-0462  
M-F 9 a.m.-5 p.m./weekends and holidays, closed
- **Post HQ Barber Shop**, building 1430  
Mon only 7:30 a.m.-1 p.m.
- **Welcome Center Barber Shop**, building 1218  
Mon and Th. only 7:30 a.m.-4 p.m.
- **Main Store Mall Barber and Beauty Shops**, building 6110, ph: 576-6459  
M-Sat 9 a.m.-7 p.m./Sun and holidays, 10 a.m.-6 p.m.
- **Mini Mall Barber Shop**, building 1510, ph: 576-8013  
M-F 7 a.m.-6 p.m./Sat 8 a.m.-5 p.m./Sun 10 a.m.-4 p.m./closed holidays

*Shoppettes/service stations*

- **"B" Street shoppette**, building 900  
M-F 5 a.m.-midnight/weekends 6 a.m.-midnight
- **Ivy Troop shoppette**, building 2355

Association. *Airs at 7 p.m. and 1:30 a.m.*

**Community Ca**  
showing times.

Channel 9 daily  
language news broad

If you have com  
gramming or wish t  
Channels 9 or 10, p  
526-1241 or via e-m

[RuleDo@carson](mailto:RuleDo@carson)

Program times  
*Mountaineer* provid  
week prior to public

If you have idea  
**Magazine**, contact  
at 526-1253 or 1169

If you wish to h  
shown on Channel 9  
Training Support C

For additions to  
please submit a clea  
information to the F  
2180, building 1550  
fax it to 526-1021 n  
airing time.

- **Housing shoppette**, b  
M-Sun 8 a.m.-9 p.m.

*Alterations*

- **Military Clothing Sal**  
M-F 9 a.m.-6 p.m./Sat 1  
closed holidays
- **Mini-Mall**, building 1  
M-Sat 9 a.m.-6 p.m./Sun

*Miscellaneous*

- **Burger King** (Specke  
M-F 6 a.m.-9 p.m.(drive  
(drive-thru until 10 p.m.)
- **Kentucky Fried Chic**  
M-Sat 10:30 a.m.-10 p.m.
- **Class Six**, building 15  
M-Sat 9 a.m.-9 p.m./Sun
- **Class Six Annex**, buil  
M-Sat 10 a.m.-7 p.m./cl
- **Laundromat**, building  
M-Sun 7 a.m.-10 p.m.
- **TV Repair/U-Haul**, b  
M-F 10 a.m.-5:30 p.m./  
days
- **Sprint Office**, ph: 57  
M-F 8 a.m.-5 p.m./Sat 1
- **Post Exchange and M**  
M-Sat 9 a.m.-9 p.m./Su  
Shop, Vitamin Expo, Op
- **Main Store Mall Esp**  
M-F 8 a.m.-3 p.m./Sat 1
- **Mini Mall**, building 1  
M-Sat 9 a.m.-11 p.m./S

# Military



Photo by Spc. Socorro A. Spooner

## Audie M inducts

by Spc.  
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Post at McMahon

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“Don’t give u  
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## Schwartz visits Fort Carson ...

**Above: General Thomas A. Schwartz, Forces Command commanding general, congratulates Cheyenne Mountain Dining Facility soldiers Friday for winning the Connelly Award.**

**Left: General Thomas A. Schwartz, FORSCOM commanding general, speaks to a soldier Friday after the monthly retirement ceremony at Manhart Field. Schwartz thanked and commended the retirees for their military service.**



Photo by Spc. Cecile Cromartie





Private 1st Class Michael Davenport, 2nd Squadron, 3rd Armored Cavalry Regiment, conducts a non-contact search on a role player in the base during Day 2 training at the Individual Readiness Training site Aug. 24.



ABOVE: Briefing soldiers about the site's convoy lane, 2nd Lt. Christina Whitney, Individual Readiness Training site instructor and 2nd Platoon leader, 360th Transportation Company, discusses various tactics to use when encountering Bosnian nationals, land mines, snipers and more.

RIGHT: Gen. Thomas A. Schwartz receives a briefing on the convoy lane portion of the Individual Readiness Training site from 2nd Lt. Christina Whitney, 360th Transportation Company.





# IRT prepares soldiers for Bosnia

**Story and photos  
by Spc. Cecile Cromartie  
Mountaineer staff**

More than 3,000 Fort Carson soldiers from the 3rd Armored Cavalry Regiment will be deployed to Bosnia in the year 2000. Where 3,000 military families will be waiting for their loved ones to return home safely.

As one of the primary tools in training the 3rd ACR for deployment, the Individual Readiness Training site was specifically used to ensure soldiers' safety and success in various peacekeeping situations from Aug. 4 to 27.

Individual Readiness Training was designed to expose soldiers to almost every kind of deployment scenario. From applying first aid to addressing the media, IRT prepared soldiers for everything, said Capt. Marc Folsom, IRT officer in charge, 759th Military Police Battalion.

"The idea is it's a three-day program of instruction that gives each soldier the individual certification requirement for going over to Bosnia.

The training is broken down into a three day training cycle. Every day about 320 soldiers start day one at the education center. They go through stuff like country orientation briefings, dealing with the media and things like that. It helps them get involved in what they're going to do out here (at the IRT site) and there (in Bosnia)," Folsom said.

During day two, soldiers had the opportunity to conduct vehicle, individual and non-contact searches as well as plan for and respond to questions from the media in the force protection and base operations areas of the site, he said.

With the full support and cooperation of 3rd ACR, Directorate of Public Works, Judge Advocate General and many others, the IRT site proved to be a great success, he said.

"We've gotten a lot of support from 3rd ACR which has made things go a lot more smoothly. We've got 3rd ACR soldiers out here as role players, we've got them out here as support medics, truck drivers and more. It really has

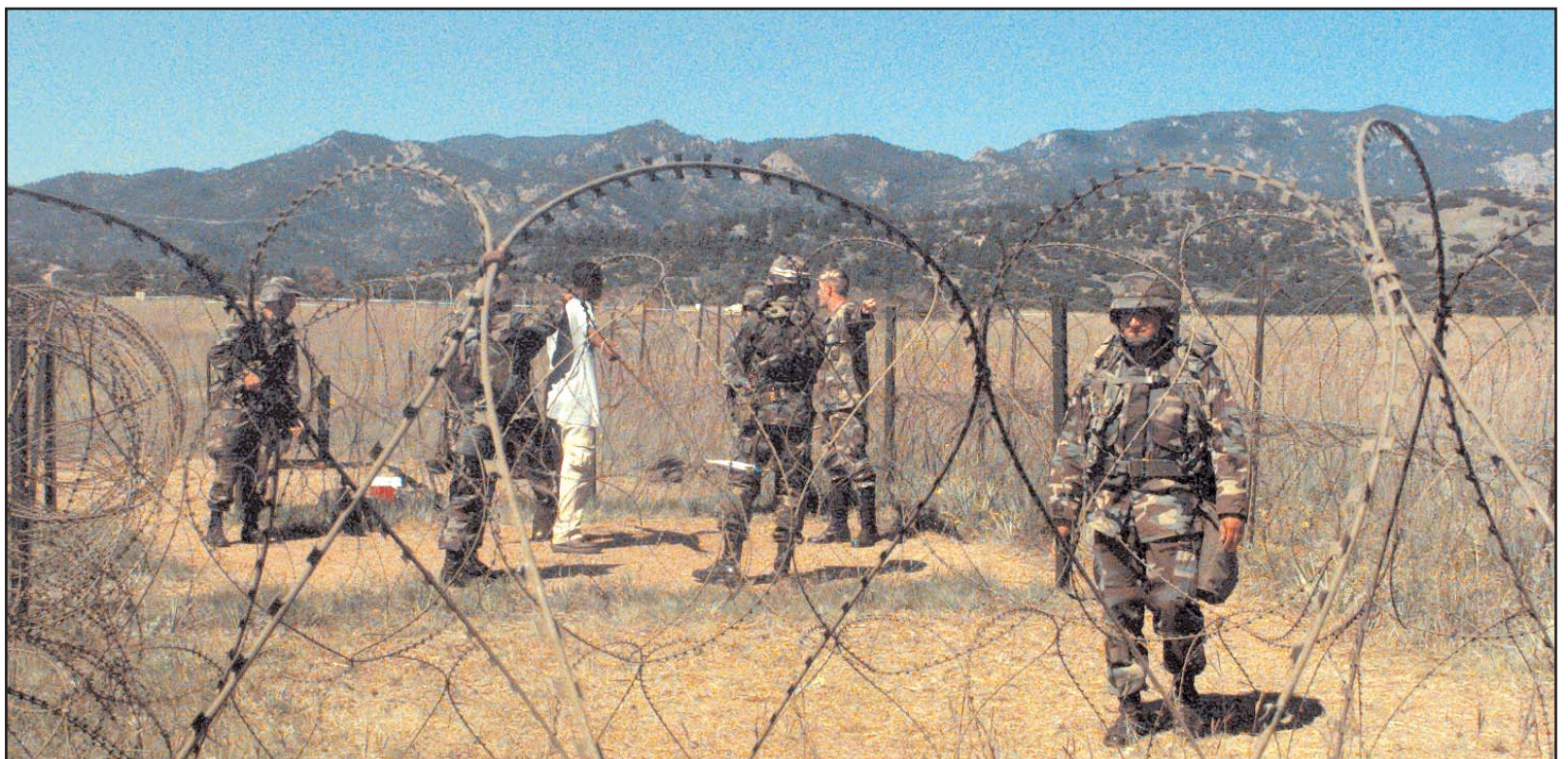
been a team effort on the part of the whole post putting this thing together. We've got PAO (Public Affairs Office) and JAG out working with us and DPW, so it hasn't been any one unit just putting this thing together and making it a success. With this training I think we're as prepared as we can be," Folsom said.

According to Folsom, support from other units was not the only factor that made the site so successful. The 300 IRT certified cadre and instructors played an essential role in making the site extremely effective as well. Having the input of soldiers with previous deployment experience also made the site more realistic and educational for the soldiers.

"I really think this has been good training. And it's really realistic, especially when we work with the role players. I feel really prepared for Bosnia and more comfortable about dealing with civilians (Bosnian) and other things we could face there," said Pvt. Patrick Carney, Eagle Troop, 2nd Squadron, 3rd Armored Cavalry



e camp operations lane dur-



Soldiers from 2nd Squadron, 3rd Armored Cavalry Regiment guard inner and outer parts of the individual search area during the non-contact search of a "Bosnian national."



During a vehicle search Aug. 24, 3rd Armored Cavalry Regiment soldiers practice checking for explosives, weapons and any other items that may threaten the lives of others.



# Gulf War Illnesses Outreach Team visits F

## Office of the Special Assistant to the Deputy Secretary of Defense for Gulf War Illnesses

WASHINGTON (GulfLINK) — A team from the Office of the Special Assistant for Gulf War Illnesses will visit Fort Carson Oct. 18 to 22, to raise awareness of the issues surrounding Gulf War illnesses among the total force.

The outreach is part of an ambitious program to military installations across the United States initiated in 1998 by Bernard Rostker, the special assistant to the Deputy Secretary of Defense for Gulf War Illnesses. It provides Rostker and his team with the opportunity to listen to the concerns of veterans, servicemembers and their families and to communicate how the Department of Defense is applying lessons learned from the Gulf War. Since 1998, the team has met with nearly 40,000 servicemembers, Gulf War veterans and their families.

The briefings are open to family members and the public. During the four-day information campaign, briefings will be held for the community at various sites on post. Briefing topics include investigation results on reported chemical or biological warfare events and potential environmental expo-

sure; DOD's force health protection efforts and resources available to Gulf War veterans and their families. Convention-style Gulf War illnesses displays will be placed at high-traffic areas on post where team members will answer questions, provide information and demonstrate DOD's Internet Web site, <http://www.gulflink.osd.mil>.

On Oct. 21, Rostker will address a town hall meeting to answer questions regarding the latest findings of the Gulf War illnesses investigation and to hear firsthand the concerns of the military community.

Detailed planning for the outreach is underway. When available, briefing schedules and the town hall meeting location will be posted on the Fort Carson Web site, [www.carson.army.mil](http://www.carson.army.mil), and published in the *Mountaineer*.

Since his office was established in 1996, Rostker has emphasized the importance of listening to Gulf War veterans. A staff of 180 active duty military and civilians, many of whom are veterans, run the office. To date, the office has conducted investigations resulting in more than 20 published reports and continues to follow up on more than 30

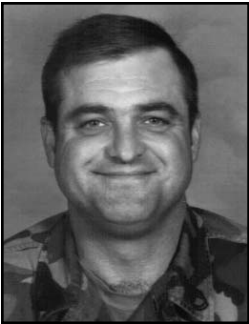
investigation leads. the toll-free Incident 6719 with information that could assist in t

This is only one can contact Rostker resources available DOD GulfLINK ho reports, transcripts o narratives are made mail capability, bro provides more persona public worldwide. A GulfNEWS, is avail access. To request a 754-2132.

Veterans and fa ed in receiving a me to call DOD's Comp Program at (800) 79 Department of Vete Registry at (800) PC vide physical exami



# Show me the money



**Strange**

**by Sgt. 1st Class Paul Strange**  
**3rd Battalion, 29th Field Artillery**

I have talked with you many times now about financial matters that are an everyday part of our lives. Today I would like to take some time and talk with you about some measures that could help you be prepared for a deployment

— something you or your spouse may face.

It is very likely one of you will deploy sometime in the future. Many folks in the military are young, even if they don't want to admit it, and they sometimes need someone to give them advice. The following is a checklist I hand out at my unit family support group/pre-deployment briefings to help our soldiers and their families be prepared. I would like you all to have it as well:

**a.** Know who your unit command financial noncommissioned officer is and what he or she can do to assist you. Your first-line leader has a leader's guide to assist you.

**b.** Evaluate your present financial situation and anticipate future expenses.

**c.** Know how pay changes during deployments

(loss of Basic Allowance for Sustenance, family separation, etc.)

**d.** Prepare all financial records and files.

**e.** Prepare an expense worksheet. Your CFNCO will help you do this.

**f.** Prepare a realistic spending plan and budget. See your CFNCO for assistance.

**g.** Organize and safeguard important documents.

**h.** Anticipate contingencies and agree on proper measures.

**i.** Discuss how much money the servicemember will need during the deployment and the method of access (automated teller machine, check, etc.)

**j.** Be aware the number of schemes, fraud and "cons" increase during times of deployment.

Additionally, the family member remaining behind during a deployment should be aware of the following:

- Can you take over the checking account (is it a joint account)?

- Do you have direct access to immediate and continuous cash?

- Have any allotments been initiated?

- Do you have a signed Army Emergency Relief allotment form in the event there is an emergency?

- Do you have an expense plan?

- Do you have a plan to help with emergency expenses?

- Do you have a plan to help with emergency expenses?

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- Do you have a plan to help with emergency expenses?

- Do you have a plan to help with emergency expenses?

- Do you have a plan to help with emergency expenses?

- Do you have a plan to help with emergency expenses?

All of the above

help soldiers and their families during deployments and you should have this one. It is my hope that the items mentioned will help you think about them now.

If you have more questions about deployment preparation, contact your CFNCO or Family Support Center here to assist you in

# Dining Schedule

Week of Sept. 4 to Sept. 10

## Weekday Dining Facilities

3rd ACR CAV House (building 2461)  
 3rd ACR Patton House (building 2161)  
 3rd BCT Iron Brigade (building 2061)  
 3rd BCT Mountaineer Inn (building 1369)  
 43rd ASG Cheyenne Mtn. Inn (building 1040)  
 Butts Army Airfield (building 9612)  
 10th Special Forces Group (building 7481)

## Standard Meal Hours

Tue., Wed. and Fri.	Thurs.
Breakfast 7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch 11:30 a.m. to 1 p.m.	11:30 a.m. to 1 p.m.
Dinner 5 to 6:30 p.m.	4 to 5:30 p.m.

## Exceptions

- Butts Army Airfield and Mountaineer Inn are open Tuesday through Friday for breakfast and lunch meals only.

Patton House does not serve a dinner meal on Thursdays.

- 10th SFG meal hours are the same Tuesday through Friday. It serves no dinner meal on Fridays.

- **Saturday meal hours are in effect on the Sept. 3 training holiday and the Sept. 6 Labor Day holiday.**

## Weekend

3rd ACR CAV House  
 3rd BCT Iron Brigade  
 43rd ASG Cheyenne Mtn. Inn

## Saturday and Sunday

Breakfast	8 a.m. to 10 a.m.
Lunch	11 a.m. to 1 p.m.
Dinner	4 p.m. to 6 p.m.

## Sunday brunch

Brunch	9 a.m. to 11 a.m.
Supper	3 p.m. to 5 p.m.

*Family members  
at Fort Carson*

# Sports & Leisure

## Post championship teams d

**Story and photos  
by Walt Johnson  
Mountaineer staff**

*Editor's note: Because of the early newspaper deadline, the results of this week's championship game were not available at press time. The Mountaineer will have extensive coverage of the championship game in next week's issue.*

The 1999 Fort Carson intramural softball championships started with 23 teams fighting for the chance to become the champion.

Now the chase is down to only three teams, Bravo Company, 1st Battalion, 12th Infantry, Air Defense Artillery and the 4th Personnel Support Branch after action Monday night at the Mountain Post Sports Complex.

In what would certainly qualify as the game of the year on post, the 4th PSB lost a heartbreaking 23-21 decision to Company B that put them into the consolation bracket against an ADA team that had to fight its way back from the losers bracket after losing early.

Going into the championship rounds Monday night four teams stood from among the group that started the playoffs. The 4th PSB and Bravo Company were the only two teams to go through the tournament undefeated and they met in the winners bracket championship game for the right to have a sure spot in the championship game. The worst that would happen to the loser of the game would be a losers bracket championship match against the winner of the ADA and Headquarters, Headquarters Battery, 3rd Battalion, 29th Field Artillery game.

It looked like Bravo Company was

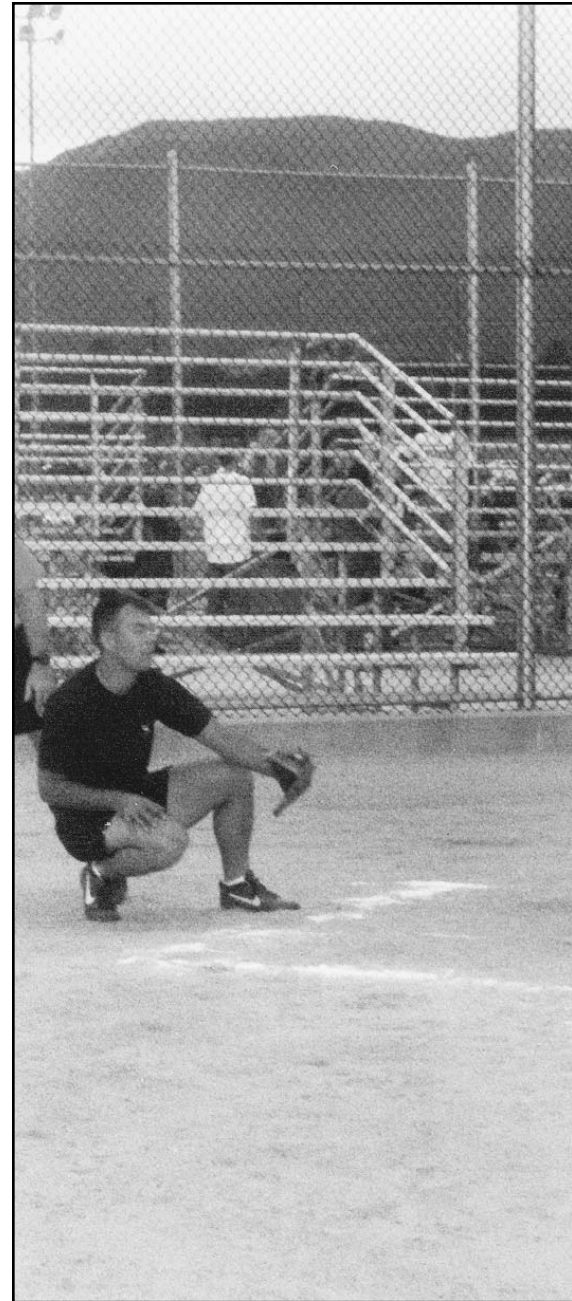
a half innings. The 4th PSB team came up in the fourth inning and showed why they have been successful in the playoffs, scoring nine runs to take the lead. After Company B scored two runs in the top of the fifth, 4th PSB scored seven more runs in the bottom of the fifth to take a 20-14 lead.

It seemed the 4th PSB was in position to win the game and going into the top of the seventh inning with a six-run lead, it looked like they were on their way to a certain spot in the title game. However, Company B also had some championship heart to display and they did it in a big way. Company B scored nine runs in the top of the seventh inning to take a 23-20 lead over the 4th PSB, but they still had another half inning to hold on to the lead.

After getting a quick out, the Company B coach made a peculiar move by walking one of the 4th PSB's best hitters. An unintentional walk that brought the tying run to the plate followed that. A single to center field scored one run and now the winning run would come to the plate. Company B got a quick out and brought the 4th PSB's Michael McMaster to the plate. McMaster hit a line drive deep into left centerfield that fell about two feet short of clearing the fence, clinching the Company B victory.

After the game, Company B coach Alan Prater defended the strategy that brought the winning run to the plate.

"We walked the batter we felt was there best power hitter. We've played these guys too many times and we know how they can beat us. So we wanted to bring up their weaker hitters, and take our chances with them



**Staff Judge Advocate's Bobby Sepulveda's team's first round game Thursday night.**



## Army Ten-Miler team selected

# Army running team looks strong for an

by **Walt Johnson**  
**Mountaineer staff**

The last race to select the 1999 Fort Carson Ten-Mile team selection race was held Aug. 27 and the team that will try to bring the trophy to Fort Carson looks extremely strong according to Steve Rex, post running team coordinator.

Rex looked like a proud parent as runner after runner crossed the finish line completing the seven-and-a-half mile run seeking a spot on this year's team. The runners ranged from veterans to newcomers, all wanting to fulfill a dream. The runner's dream is to represent the Army at this year's championships in Washington, D.C. in October.

The trials culminated a long training period that sees the runners practicing at 6 a.m. four days a week at the post physical fitness center.

The runner's were competing for spots in three different categories: men, women and co-ed.

In the men's division there was no surprise as Sammy Ngatia led the way with a time of 37 minutes 50 seconds for the seven and a half mile qualifying course. The 11 other men who will join Ngatia on this year's team (the first nine as competitors, the other two as alternates) are: Teddy Mitchell, Peter Pritchertt, Craig Webb,

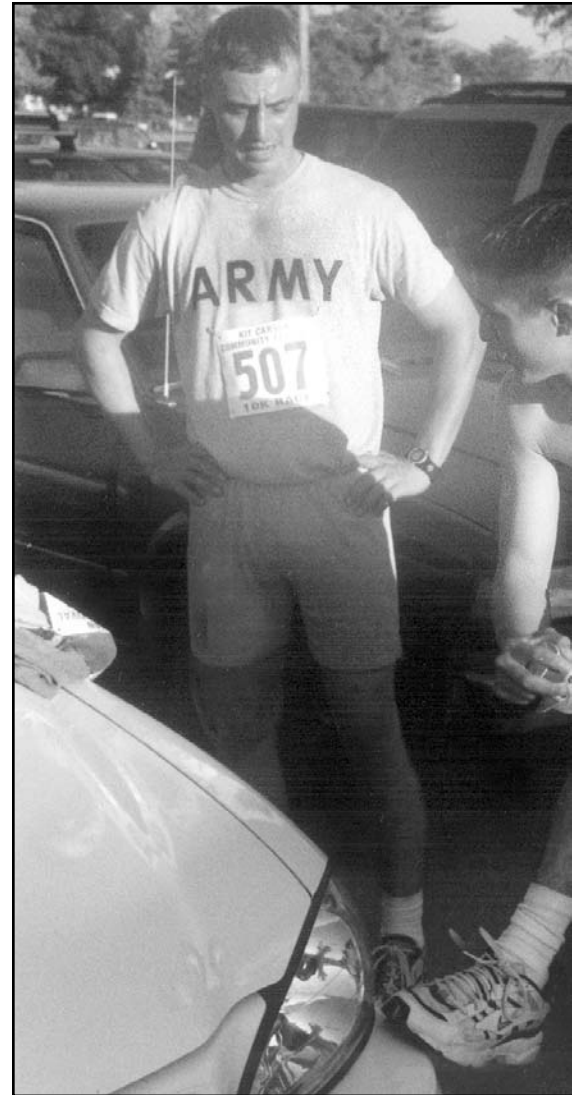
Timmy Johnson, Edgar Perez, J.P. Hendricks, Francisco Gonzalez, Jody Leo, Sean Fitzwilliams, Nick Clore and Michael Garcia.

In the women's category many familiar faces will be on the team in addition to some newcomers, one person, Nicole Peters, who only started training for the qualifier two weeks ago. Peters, who works in the chaplain's office, ran in high school last year and has not run since joining the Army about 18 months ago. Her supervisor, Daniel Martinez and co-worker Fitzwilliams, who both ran in the qualifying races themselves, recommended she try her hand at the run and she did. The result, she earned an alternate position on the team.

"I like to run and my supervisor and co-worker motivated me to try running the race, so here I am. I decided to try it and see how well I could do," Peters said.

Other members of the women's team are: Melissa Wyka, Brigitte Netteshiem, Liz McCarrier, Cindy Trofimuk, Heather Boehm, Carrie Jones, Carolyn Martis and Brandi Vance. The other women's alternate is Vickie Argueta.

The men's masters' team will consist of Mike Barnes, Joe DiSalvo, Bill Phifer, Carl Dowelson, N.L. Murphy, John McKenzie and John Campbell.



**Nick Clore ices down his knees after a qualifying race as Nestor Canales talks to him.**



## MEDDAC Challenge '99

### Preparation key to success in MEDDAC Challenge

by Capt. Sara J. Spielmann,  
Medical Department Activity  
Company Commander

**Editor's note:** Registration for the MEDDAC Challenge '99 race is currently underway at Forrest Fitness Center and at the Runners Roost in Colorado Springs.

If you're competing in the Medical Department Activity's 25-mile relay challenge race Sept. 11, you'll fuel your muscles best if you eat a high-carbohydrate meal the night before.

By eating a hearty amount of pasta, potatoes, rice, noodles, bread and other carbohydrates for dinner, you'll have time to digest the food and store it in your muscles as glycogen.

If you eat a big breakfast prior to the race, the food will sit undigested in your stomach and merely bounce along for the ride and might cause discomfort or pit stops. You'll want to do most of your pre-competition eating the day before the event.

The goal of the pre-competition meal is to insure adequate energy is in your system, allowing you to fully exert yourself without discomfort or early fatigue. Eating too much food right before the event can have adverse effects, such as nausea or cramping. However, eating, too little can cause hypoglycemia, light-head-

edness or fatigue.

**When you eat your meal is important.**

In general, you should allow three to four hours for a large meal to digest; two to three hours for a smaller meal and one to two hours for a "blender-meal", since liquids are absorbed more rapidly than solid foods.

With morning events, such as the MEDDAC Challenge 25-mile relay race, eat a hearty, high-carbohydrate dinner and bedtime snack the night before. That morning, eat a light breakfast or snack to stabilize your blood sugar, absorb some of the gastric juices and keep you from feeling hungry.

Always eat familiar foods prior to a race ... don't try anything new. Experiment with new foods during training, to determine if they settle well or cause "acid stomach" cramps, heartburn or intestinal discomfort.

**Beware**

One pre-event meal does not adequately compensate for a poor training diet. You should eat a high carbohydrate diet every day to prevent glycogen depletion and ensure adequate glycogen replacement to your muscles.

Here is a sample of a high carbohydrate meal you can do to help fuel your body for the race — but remem-

ber to eat high-carbohydrate foods every day.

- Dinner: spaghetti, tomato sauce, lots of rice, noodles, potato, vegetables, and a small serving of chicken or fish.

- Snack: crackers, bagel, toast, canned peaches, banana bread, yogurt, fruit or turkey sandwich.

- Breakfast: cereal, low-fat milk, toast, banana, juice, muffin or bagel, yogurt, french toast or pancakes with syrup.

- Other high-carbohydrate food choices: Cous-cous, kasha, dried beans, lentils, bulgar, peas, tortillas, rolls, bread, pretzels, popcorn, sweet potatoes and yams.

**Don't forget**

During exercise, your body relies on sweating to remove the tremendous amount of heat that is produced. It is not unusual for endurance athletes to sweat off two to four quarts of water per hour during an event. On a warm day, a runner can lose a cup of water every mile. Failing to replace the water lost can result in dangerous dehydration and heatstroke.

To keep from dangerous overheating, runners need to replace fluids as they are lost. To keep pace, the runner should drink:

- At least two and a-half cups, or 20 ounces, of fluid two hours before an event

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## Guest Commentary

# WCAP's Corey Bernard shines at Pan American

by 2nd. Lt. Dennis Maley  
World Class Athlete Program

When Corey Bernard climbed the podium to receive his bronze medal at the Pan-American Games Boxing Championships, earlier this month in Winnipeg, Canada, many boxing fans were shocked by the "newcomer's" success.

Bernard, who is ranked second in the nation among amateur fighters at 139 pounds, seemed to come out of nowhere to become one of the nation's top fighters in the past 12 months. A slick southpaw, Bernard drew a bye and then easily dominated his first two opponents, before dropping a decision to Brazil's Kelson Pinto, in the semi-finals.

For Bernard, however, the dream of becoming a champion was born long ago and there were many times when it seemed as if it was not meant to be. Growing up on the Mississippi Gulf Coast, he was first drawn to the sport after seeing Sugar Ray Leonard in a 7-Up commercial.

"I knew that I wanted to be like him, do what he did, but there weren't any boxing gyms where I lived," said Bernard. When he turned 13, Bernard began spending the summers with his father who lived in Chicago. In a tattered Boys' Club in downtown Chicago, he would receive his intro-

duction to the sport.

"That's where I learned to fight. It wasn't very organized, but it taught me the fundamentals."

From there, his boxing career dribbled along until he joined the Army and made a commitment to once again pursue his dream of becoming an Olympic Champion, just like Leonard

two decades before. As a 77 F at Fort Bliss, Texas, Bernard competed in his first All-Army competition in 1994. He failed in his bid to

make the team and was encouraged by his command to concentrate on his military career.

"I had to chose between boxing and soldiering. It was becoming difficult to juggle the two and I wanted to get promoted." Bernard dedicated the next four years to his military duties, eventually making the rank of sergeant.

Competing only sporadically, the petroleum supply specialist was later assigned to Headquarters, Headquarters Troop 4th Squadron, 3rd Armored Cavalry Regiment.

While working out with the now defunct post boxing team, Bernard decided to take one more shot. At the 1998 All-Army trials, Bernard, who had very little time to prepare, surprised many, making it all the way to the finals before losing to James Webb, who was ranked second in the nation at the time. With news of the

post team dissolving, World Class Athlete Program head boxing coach Basheer Abdullah decided to give Bernard an opportunity to compete on the Army's WCAP team.

"There was a lot of doubt as to whether I should be on the team. A lot of people didn't think that I was good enough, but I knew that if I was given on opportunity to train on a full-time basis, I could be as good as anybody," recalls Bernard.

The gamble turned out to be one of the smartest decisions that Abdullah has ever made.

Bernard joined the program in August 1998. One month later he won his first national title, at the Police Athletic League Championships, in Orlando, Fla. From there, the success continued to grow. This year, Bernard



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### On the Bench

# Forrest named best fitness center in FC

by **Walt Johnson**  
**Mountaineer staff**

Many people know about the quality physical fitness centers available on post, so it should come as no surprise that Gen. Thomas Schwartz, Forces Command commanding general, has named



**Johnson**

Forrest Fitness Center the best in the command.

Bill Reed and his staff run Forrest Fitness Center. They make coming to the facility fun, according to Richard Baldwin, Fort Carson sports director.

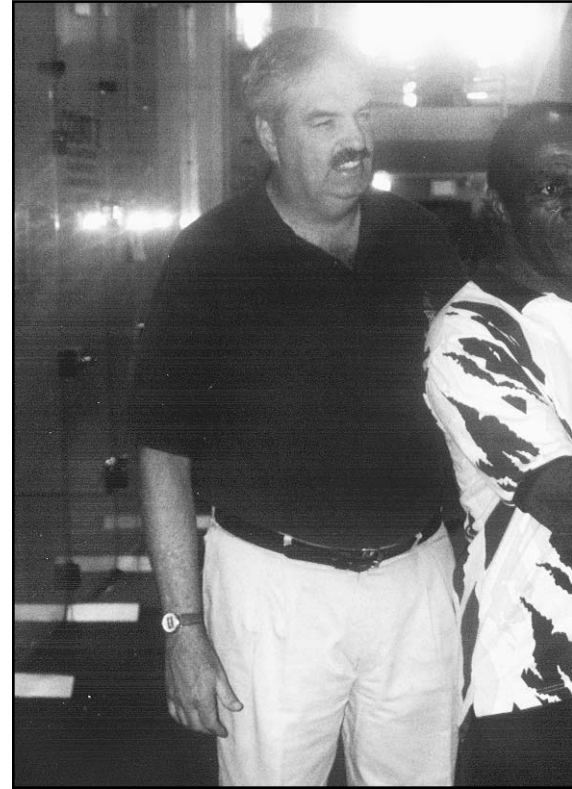
"Bill and his staff should be very proud of this award. It is a credit to the great maintenance and organiza-

tion of the facility and the attention to customer service provided by the staff. By far, Forrest is a great place to come to workout because Bill and his staff make it a home for everyone who comes there to workout," said Baldwin.

Baldwin said the sports office thought they had a good chance to be named the winner of this year's award after putting together the package and realizing how good the facility is.

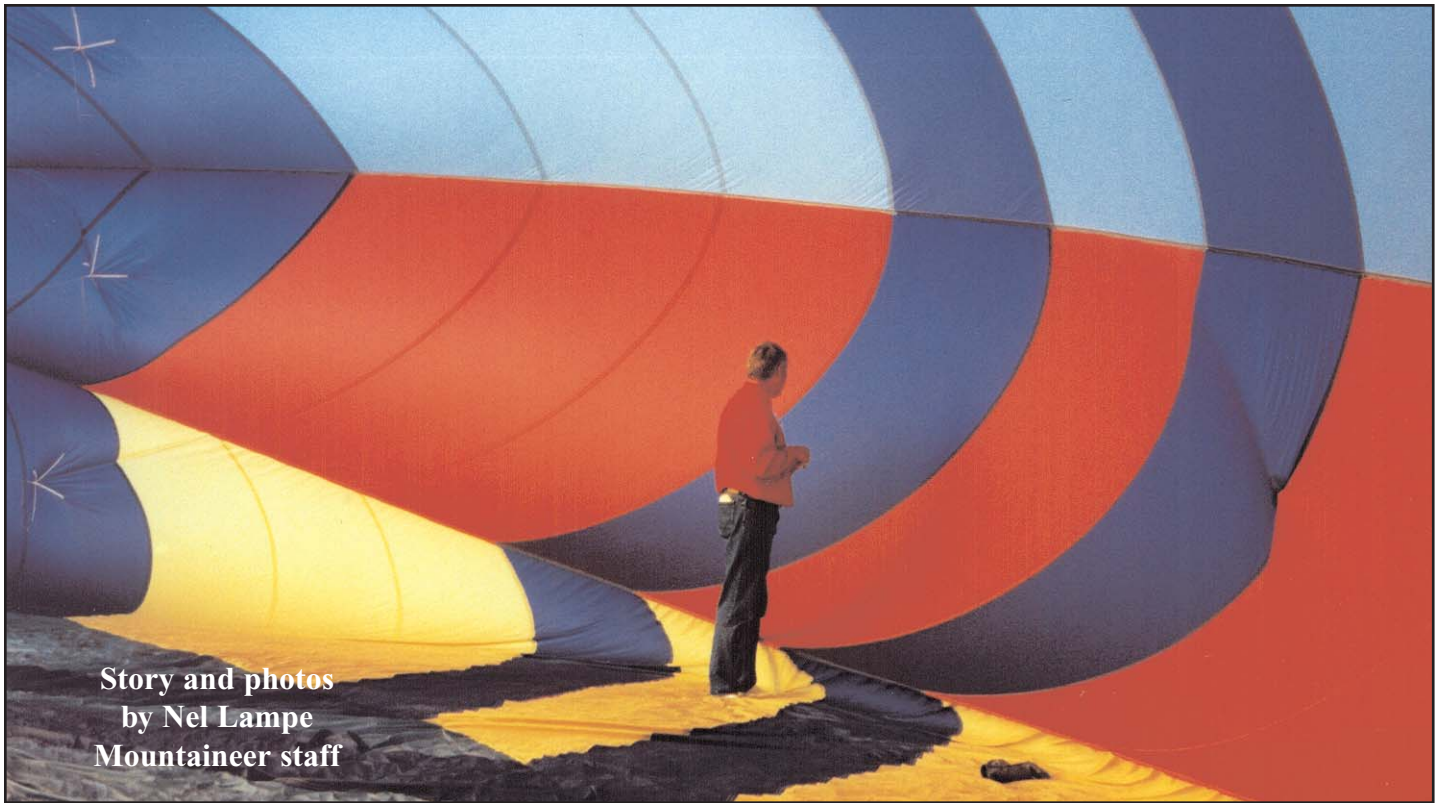
"I was part of the initial setup for Forrest and the other fitness facilities here. At the time we knew our centers would have a chance to be among the best anywhere. Prior to renovating and upgrading our equipment three or four years ago, we had a lot of old equipment at our facilities that wasn't holding up. We put new, quality, industrial equipment in our facilities and now we have a 99 percent operation rate."

This is the first year this award has been presented.



**Forrest Physical Fitness Center Director Bill Reed receives the plaque presented to his facility for best fitness center in the command as Richard Baldwin, chief of sports**





Story and photos  
by Nel Lampe  
Mountaineer staff

A pilot checks the condition of his balloon during last year's Colorado Springs Balloon Classic.

## Balloon Classic Lifts off from Memorial

**C**hoose a color; any color. There'll be a balloon to match about dawn, Saturday, Sunday or Monday, floating above Memorial Park.

More than 100 balloons fill the skies above Colorado Springs every Labor Day weekend. Every year 225,000 people get up very early to watch it firsthand.

The balloons are readied for takeoff during the pre-dawn darkness by balloon crews. Spectators with cameras in hand wait for morning light and liftoff.

A soft "swoosh" sound is heard. The novice wonders what it is; veteran balloon watchers know the sound. A propane heater is warming the air. Many swooshes later, the brightly colored balloons begin

to take shape. Most of them are traditional shaped balloons, looking much like a light bulb. Others are much more ambitious, constructed in various shapes.

"Hagar the Horrible" is one of the special shape balloons. Hagar weighs in at 606 pounds.

RE/MAX's "Magellan T. Bear II" is about 96 feet high. Seven-story high "Tweetie Bird" returns to the Balloon Classic this year, as does the balloon shaped like a 7-Up can. "Skyfrank" will be there — the world's plumpest Frankfurter in a bun. The "United Van Lines Truck" will again take to the skies. The larger, unusually shaped balloons take longer to inflate and are usually the last to takeoff.

After the first wave of balloons lift off, more balloons and crews move onto the recently vacated space, and the second set of balloon crews begin inflation procedures.

Die-hard spectators begin gathering at about 5:30 a.m. when the Dawn Patrol takes off. These early balloons check out weather and flight conditions and mark the start of the launch.

Inflation then begins in earnest about 6:30 a.m. for the first wave of balloons. The mass ascension begins about 7 a.m. or a few minutes before.

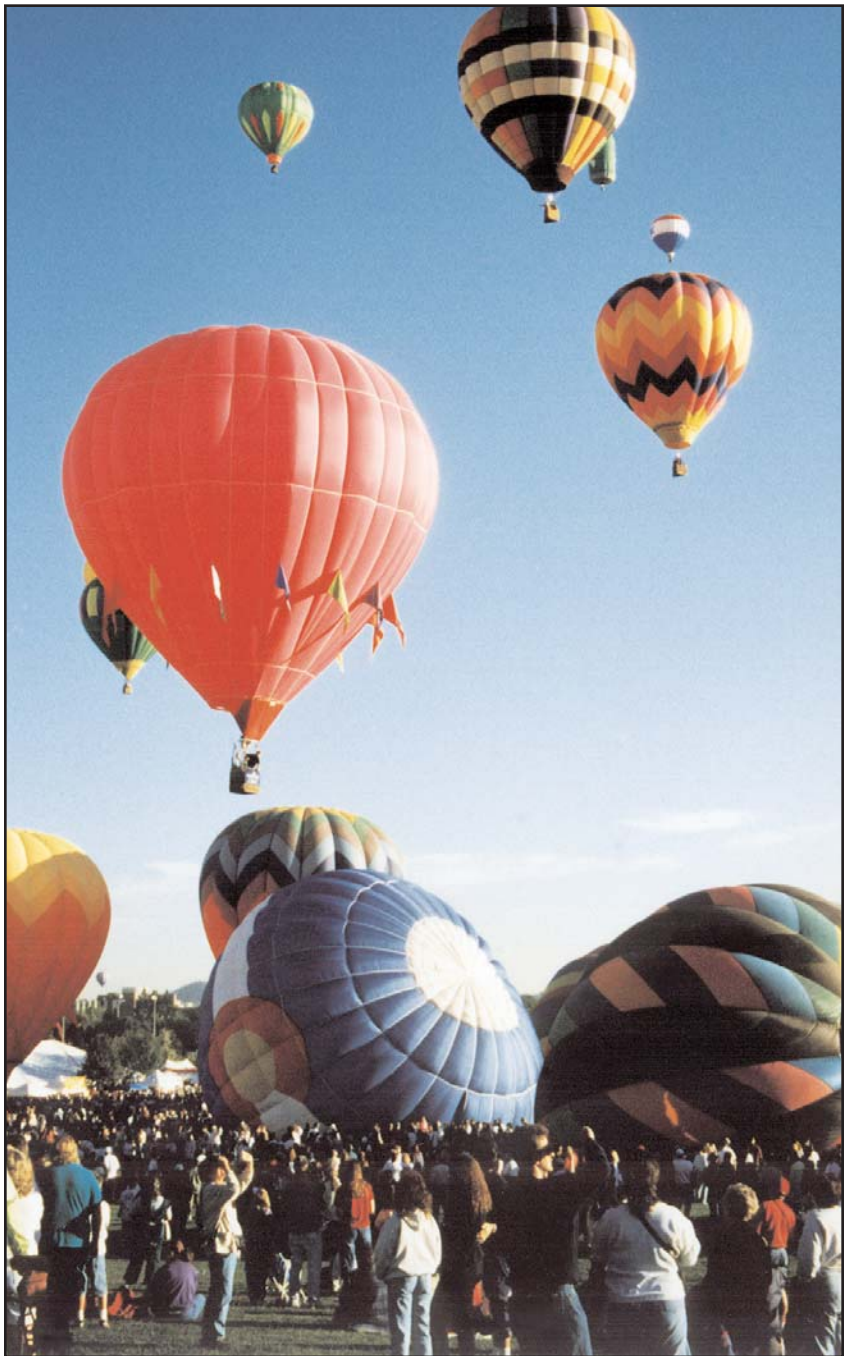
The colorful shapes fill the air as cameras click.

Some people who've been here before head lakeside, knowing that some pilots like to "dip" the balloon's basket into the water at Prospect Lake — a great picture moment.

Speaking of pictures, there's a photo contest open to professional photographers and junior and adult amateurs. Photos entered in the contest must be of this year's Balloon Classic. Contest photos must be entered by Oct. 1, accompanied by a \$2 entrance fee. Photo and entry forms may be mailed to the Colorado Springs Balloon Classic, 328 Bonfoy Ave., Colorado Springs CO 80909. Rules and entry forms are available at the Colorado Springs Convention and Visitors Bureau, Shewmaker's Camera Shop or the information booth at Memorial Park during the Balloon Classic. Any Shewmaker's store will take contest entries as well.

Don't leave when the last balloons become tiny specks of color; the Balloon Classic isn't over yet. There's more to come.

An announcer keeps everyone informed throughout the



Last year's early morning balloon watchers have a field day.

# Fort Carson Balloon Classic



A pull-out section for  
the Fort Carson community

**September 2, 1999**

**See Balloons, Page B2**



## Balloons

From B1

event, tossing in tidbits of balloon trivia.

A variety of groups will entertain in the park, following the last balloon liftoff.

There's a giant inflated caterpillar for children to enjoy; youths and adults might like to try the climbing wall.

Youngsters may want to participate in the hot air balloon contest for children at 9 a.m.

The first official coloring contest for the Colorado Springs Balloon Classic will be held this year. Coloring forms may be picked up at any local Wendy's Restaurant. The colored entry form must be dropped off at a Wendy's by Sept. 13. There are two categories: under 7 years old and from 7 to 12.

Throughout the morning, a country breakfast is served, from 5:30 to 9:30 a.m.

Although most years the balloons are able to takeoff each of the three mornings scheduled, sometimes Mother Nature interferes. If the winds are high enough, the launch may be called off. Sometimes some of the balloons get airborne; sometimes none of them do.

Experienced spectators show up for the first day's scheduled launch, just in case there isn't a balloon launch on day two or three.

The first balloon event was held in 1976 with a few thousand people watching. Now the Colorado Springs Balloon Classic attracts more than a quarter-million people over the three days of events, and is one of the top five similar events in the nation.

The balloon classic is the second largest event in Colorado.

Pilots and crews come from about 25 different cities around Colorado. Pilots from Mexico and England will also participate.

The actual flight path of the balloons is at Mother Nature's discretion. The balloons usually head in a southerly, southeasterly direction.

Souvenir programs are sold throughout the park. Vendors sell T-shirts, pins and other Balloon Classic souvenirs. If you run out of film, there'll be some at a stand.

If you're hungry, get a cup of coffee and a



**A balloon is being inflated during the 1998 Balloon Classic, as other balloons float in the distance.**

doughnut from one of the food stands or have breakfast at the Country Breakfast tent. There's a variety of foods sold in the park — funnel cakes, hot dogs, smoothies and curly fries.

Be sure to get an early start in order to find a parking place. Only handicapped parking is allowed inside the park. You'll have to find parking along one of the streets surrounding Memorial Park and walk in. And you don't want to be late, just catching a glimpse of the last balloon floating away.

Don't forget strollers for younger children. Leave the pet dog at home. Pets aren't allowed at the classic.

For people who absolutely don't want to get up early, the Balloon Glo is your event. It's held Saturday and Sunday nights in Memorial Park. Festivities begin at 4 p.m., when concessions open. There's a concert at 5 p.m.

The crews start laying out the balloons at 7:30 p.m. and at 8 p.m. inflation begins.

The results are spectacular. Each time a burner is lit to inflate the balloon, the balloon lights up like a Christmas tree bulb. When several balloons light at the same time, it's breath-taking.

The balloon Glo lasts until about 9 p.m., depending on the weather.

It's even possible to ride a balloon during the classic. The price is \$165 per person, older than 13. Call 578-0935 or

check the Balloon Ride Booth in the park.

Memorial Park is at the corner of Pikes Peak Avenue, between Union Boulevard and Hancock Avenue. Take Interstate 25 to downtown, take the Bijou Street Exit, go south one block then east on Pikes Peak Avenue until reaching the park, about 10 blocks. The launch site is in the middle of the park.

The only price to pay is getting up early.

### Just the Facts

- **Travel time** 20 minutes
- **For ages** all
- **Type** hot air balloon lift off
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage** free (food extra)

(Based on a family of four)

\$ = Less than \$20

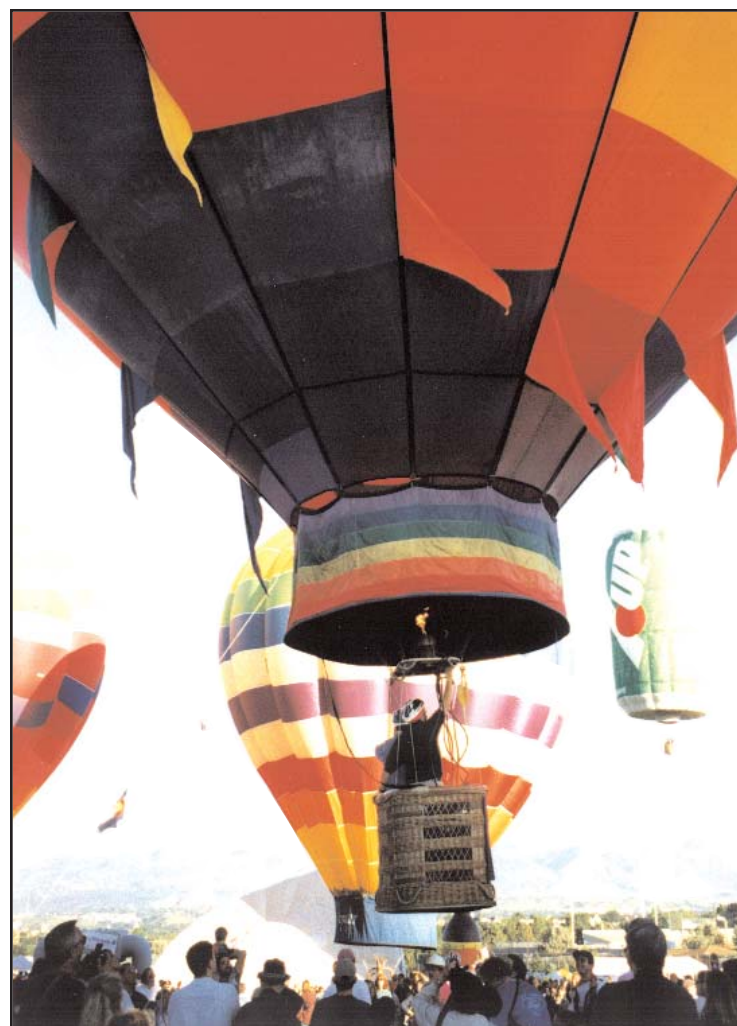
\$\$ = \$21 to \$40

\$\$\$ = \$41 to \$75

\$\$\$\$ = \$76 to \$100



**Memorial Park provides a picturesque background for the Balloon Classic.**



**A flash of flame, and a balloon lifts off.**



- Computer Lab (paid)

## Pvt. Murphy's Law

by Sgt. 1st Class Mark Baker



## Military Briefs

The Army Learning Center, Testing Services, Functional Academic Skills Training and scholarship classes will be closed Sept. 3 and 6. The MOS library will be open Sept. 3.

The Central Issue Facility reminds soldiers going through the facility: children under the age of 17 are not authorized to be in the building. For more information, call 526-6477 or 526-4057.

Military personnel ETSing or starting transition leave in December must attend a mandatory ETS briefing at the Elkhorn Conference Center either Sept. 7 or 21 at 7 a.m.

The Retired Officers Association Officer Placement Service presents retired Col. Dick Crampton, giving a professional lecture, "Marketing Yourself for a Second Career" at the Elkhorn Conference Center Sept. 14 from 1 p.m. to 3 p.m. The lecture is held for officers and senior NCOs of all services who plan to leave active duty in the next one to five years or who have left during recent years.

The Fort Carson Army Career and Alumni Program will hold a large job fair with Pikes Peak Community College at the PPCC main campus, South Academy Blvd., Sept. 15 from 9 a.m. to 3 p.m. and a "Marketing yourself for a second career" lecture will take place Sept. 14 at the Elkhorn Conference Center from 1 to 3:30 p.m. All active duty and retired military personnel and their family members are invited. For more information, call Micky Schuler at 526-0410.

2nd Squadron, 3rd ACR will be conducting a mask confidence course at Range 72 (CS chamber) from Sept. 13 to 15.

A Command and General Staff Course is forming in Colorado Springs for all majors and captain promotables. Taught by fully qualified, certified instructors, this local course has a higher graduation rate than the correspondence option. For more information or to register for the program call Maj. Steve Alexander at 599-8285.

The Service Corps of Retired Executives is holding a "Starting and Building Your Own Business" seminar Sept. 22 from 8 a.m. to noon in bldg. 1118, room 182. Registration is at the

Army Career and Alumni program center by the close of business Sept. 20. A \$15 fee is required for the SCORE packet.

The Korean War Veterans Association "Dutch" Nelson Chapter meets every third Saturday of the month. All active and retired members of the military community are welcome. For more information, call 444-0399.

The 759th Military Police Battalion will host a military ball Sept. 23 at the Elkhorn Conference Center in celebration of the 58th Anniversary of the Military Police Corps. Members of the military police corps regiment past and present are welcome. For more information, call 526-8006 or 526-9980.

The Sergeant Audie Murphy Club Event Calendar is as follows:

Meetings: Sept. 23, Oct. 21, Nov. 18 and Dec. 16. All meetings begin at 3 p.m.

Induction Ceremonies: 4th Quarter Board, Oct. 15 at 1 p.m.

Induction Ceremony Rehearsals: Oct. 13 and 14. All rehearsals are from 1 to 3 p.m.

Induction ceremonies and rehearsals are held at McMahon Theater. All other events are conducted in the main conference room of bldg. 1430. For more information, call 526-2409.

Heavy training is expected on Fort Carson gunnery ranges Sept. 27 through October. This training may cause limited disturbances to neighboring communities. For more information, call 526-8399 or 526-3420.

Contributors are needed for the *Mountaineer*. If you have writing skills and would like to help get your unit's story out, the *Mountaineer* is looking for people to write occasional stories for publication. The *Mountaineer* staff provides training. For information, call 526-4144.

Grant Post Library has paperback books available for units departing Fort Carson for training. Boxes of new, popular paperbacks (maneuver book kits) can be obtained easily. No paperwork or prior planning is required and the books do not need to be returned. The soldier responsible for the unit must come by, provide the name of the unit, the number of soldiers going to training and the length of time they will be gone. Call 526-8144 for more information.

If you are a soldier with Web and/or Internet protocol experience who can be released from your unit for duty at the Public Affairs Office, call Maj. Kent Cassella at 526-1269. Training is available for this position.

The Army and service station in bldg. 1118 now accepts GSA-VISIT cards. Cards must be taken inside the building and accepted at the service station in bldg. 1118, room 182. For more information, call 526-8423.

The 4th Personnel Card/DEERS Section is located in bldg. 1118, room 182. For more information, call 526-8423.

If you are PCSing to Asia, or if you are a new arrival, you need anthrax immunization. Reporting is mandatory. Report to the Processing site bldg. 1118, room 182, upstairs from the day room. Reports are given between 1 p.m. and 3 p.m.

The South Carolina Army National Guard has several vacancies in its branches for lieutenant colonels leaving active duty. For more information, call 526-8423.

Soldiers using the new Facility have two large laundry areas. Building 3701 is located in the main wash area and is being converted to a wash facility is being converted in the pre-staging area and can be opened by the unit and signing out the unit. For more information, call 526-3820.

Accident Avoidance Course is held from 8 a.m. to noon Sept. 22 in the Logistics classroom. Attendance is mandatory for all vehicles assigned to installation activities who have been in service for four years. Class is held in the Logistics classroom. Call the Driver Training Office at 526-8423 to reserve a seat.

Editor's note: The "Briefs" to the *Mountaineer* publication.

Fraud, waste and abuse. The Fort Carson Command operates a Hotline. The hotline is available to the community to report in-



## Get Out!

**Colorado State Fair**

This is the last weekend for the Colorado State Fair. Entrance is \$5. There are exhibits, livestock, carnival rides, games, entertainment and concerts. This is Fiesta Weekend at the fair. The fair runs through Labor Day.

**Labor Day Weekend**

Activities in the local area this weekend include:

- The Balloon Classic at Memorial Park, which begins at dawn. Be there earlier to find a parking place before 100 balloons take to the air.

- Manitou Springs' Memorial Park is the setting for the Commonwheel Artists Labor Day Weekend Arts and Crafts Festival. Arts, crafts, entertainment and food — 10 a.m. until 6 p.m.

- Fountain Fall Festival in the city of Fountain; Metcalfe Park. Pancake breakfast at 7 a.m., a parade at 10 a.m., entertainment and food followed by a street dance.

- In Denver, the Festival of Mountain and Plain is in Civic Center Park, downtown Denver, Friday through Monday. This is the fest of all fests, with entertainment and food too numerous to name. No carry-in or pets allowed. Free shuttle from 16th Street Mall.

**Concert**

"Paul Revere and the Raiders with Michael Johnson" is in concert Sept. 14. Call 578-8299 to order tickets, or get them at the door. The concert is at 7:30 p.m. in the city auditorium downtown.

**Irish dancing**

Michael Flatley's "Lord of the Dance" is at the Colorado Springs World Arena Sept. 26 at 7:30 p.m. Call 576-2626 for ticket information.

**Grand Prix**

The Vintage Grand Prix of the Rockies includes more than 250 classic and vintage automobiles racing or on display at Pikes Peak International Raceway Friday through Sunday. Tickets for the event are \$10 per day or \$20 for the entire weekend. Tickets are available at the gate.

**Magician**

"Budda the Great" presents a Magical Extravaganza Sept. 11 at 7:30 p.m., at the Colorado Music Hall, 2475 E. Pikes Peak Ave. Tickets are \$10 for adults and \$5 for ages 13 and under at the door.

**Repertory Theatre Company**

The new season for the Repertory Theatre Company includes "Phantom," Oct. 8 to 24; "Scrooge!" Dec. 3 to 19, "HMS Pinafore" Feb. 11 to 27 and "The Sound of Music" May 5 through 21. Performances are at the Colorado Springs Fine Arts Center, 30 W. Dale St. A four-show season ticket is \$70. Performances are Fridays and Saturdays at 8 p.m., and Sunday matinees at 2 p.m. Call 634-5583 for information.

**Broadway nights**

The Pikes Peak Center is selling tickets for this season, which includes "Les Miserables" Oct. 20 to 24; "Cats" Nov. 19 to 21, "Camelot" Jan. 18 and 19; "Victor/Victoria" Feb. 12, "Annie" March 10 and 11, and "Rent" April 14 to 16. Call 520-SHOW for ticket information.

**Denver Theater**

This year's season in Denver includes "Fame"

Sept. 28 through Oct. 3; "The Sound of Music" Nov. 11 to 21; "The Phantom of the Opera" through Jan. 3. Call 520-SHOW for tickets.

**Dance**

Dance Theatre i Peak Center, including modern dance, with Buenos Aires' Tangoing, Nov. 11 to 13; V Columbia, Jan. 28, a Dance Company, Fe Ballet, St. Petersburg

**Colorado**

Jeff Healey app are \$16; Tab Benoit \$12, Willy Porter, S

**Ba**

The Air Force B free concert Sept. 20. The band will wear style uniforms. The Air Force Academy. obtained through Ti

**More D**

The University Ritchie Center. On t Sept. 19, Jethro Tull Oct. 31 and Holiday Ritchie Center is at Boulevard. Tickets a

**Acad**

"Master Class - p.m. Tickets for the tion start at \$15. Ca